**Common Attachments**

**Occipital Bone:**

Trapezius (o) – descending

Splenius Capitis (i)

Semispinalis (i)

**Ligamentum Nuchae:**

Splenius Capitis (o)

Serratus Posterior Superior (o) and C7-T3

**Transverse Processes of Vertebrae:**

Splenius Cervicis (i) = C1-2

Longissimus (o&i)

Semispinalis (o) range from C4-T12 depending on segment

Rotatores (o)

Multifidus (o)

Levator Scapulae (C1-4)

**Spinous Processes:**

Splenius Cervicis (o) = T3-6

Splenius Capitis (o) = C7-T3

Spinalis (o- C5-T1 & i-C2-5)

Serratus Posterior Superior (o)= C7-T3

Serratus Posterior Inferior (o) = T11-L2

Rotatores (i)

Multifidus (i)

Rhomboids (i) Minor C6-7 / Major T1-4

Trapezious (o) T1-4 Transverse

Trapezious (o) T5-12 Ascending

Lat Dorsi (o)

**Mastoid Process:**

Splenius Cervicis (i)

**Ribs**:

Longissimus

Iliocostalis (i)

Serratus Posterior Superior (i) ribs 2-4

Serratus Posterioir Inferior (i) ribs 8-12

Serratus Anterior (O) 1-8

Subclavius (o) 1

**Sacrum, Iliac Crest, Thoracolumbar Fascia:**

Longissimus and Iliocostalis (o)

Lat Dorsi (o)

**Clavicle:**

Deltoid (o)

Subclavius (i)

Trapezious (i) descending

Pect Major (o)

**Sternum:**

Pectoralis Major (o)

**Ant Scapula:**

Subscapularis (o)

**Medial Border:**

Serratus Anterior

**Scapula**

**Acromion:**

Deltoid (o)

Trapezious (i) transverse

**Coracoid Process:**

Biceps Brachii(o) – short head

Coracobrachialis (o)

**Posterior Scapula:**

**Supraspinous fossa**

Supraspinatus (o)

**Infraspinous fossa**

Infraspinatus (o)

**Scapular Spine:**

Deltoid (o)

Trapezius (i) Ascending

**Medial Border**

Rhomboid Major (o) superior to scapular spine

Rhomboid Minor (o) inferior to scapular spine

**Superior Angle:**

Levator Scapular (o)

**Lateral border**

Teres Minor (o)

**Inferior Angle:**

Teres Major (o)

**Humerus:**

**Deltoid Tuberosity**

Deltoid (i)

**Greater Tuberosity:**

Supraspinatus (i)

Infraspinatus (i)

Teres Minor (i)

**Lesser Tuberosity:**

Subscapularis (i)

**Supraglenoid Tubercle:**

Biceps Brachii (long) (o)

**Infraglenoid Tubercle:**

Triceps Brachii (long) (o)

**Intertubercular Sulcus**

Latissimus Dorsi (i) in groove

Pectoralis Major (i) lateral Side

Teres Major (i) Medial side

**Shaft**

Coracobrachialis (i)

Brachialis (o)

Triceps (o) posterior medial head

Tricpes (o) lateral head

Brachioradialis (o) distal shaft

**Lateral Supracondylar Ridge**

Ext. Carpi Radialis Longus (o)

**Lateral Epicondyle**

Anconeus (o)

Extensor Carpi Radialis Brevis (o)

Extensor Digitorum (o)

Extensor Digiti Minimi (o)

Ext. Carpi Ulnaris (common head)

Supinator (o)

**Medial Epicondyle**

Pronator Teres (o) humeral head

FCR (o)

Palmaris Longus (o)

FCU (o) (humeral head)

FDS (o) humeral head

**Radius**

Extensor Poll. Brevis (o)

Abductor Poll. Longus (o)

Supinator (i)

Pronator Quadratus (i)

FPol Longus (o) midanterior

**Radial Tuberosity**

Biceps Brachii (i) and Biciptal aponeurosis

**Lateral**

Pronator Teres (i)

**Styloid Process**

Brachioradialis (i)

**Interosseous Membrane**

FDP (o)

Flexor Pollicus longis (o)

Ext. Pollicis Brevis (o)

Extensor Indicis (o)

**Ulna**

Extensor Indicis (o)

Extensor Poll. Longus (o)

Adbuctor Poll. Longus (o)

Pronator Quadratus (o)

FDP (o)

**Head**

Extensor Carpi Ulnaris (o) ulnar head

**Ulnar Tuberosity**

Brachialis (i)

**Olecranon**

Anconeus (i)

Triceps Brachii (i) all three heads

FCU (o) ulnar head

Supinator (o)

**Coronoid process**

Pronator teres (o) ulnar head

FDS (o) ulnar head

**Palmar Aponeurosis**

Palmaris Longus (i)

**Flexor Retinaculum**

Opponens Digiti Minimi (o)

Extensor Digiti Minimi (o)

Abductor Pollicis Brevis (o)

Fl. Pol Brevis (o)

**Base of 1 Metacarpal**

Abd Pollicis Longus

**Proximal Phalanx of Thumb**

Ext. Poll Brevis (i)

Adductor Pollicis (i)

Abductor Pollicis Brevis (i)

Fl. Pol Brevis (i)

**Distal Phalanx of Thumb**

Fl. Pol Longus (i)

Ext. Pol Longus (i)

**Base of 1st Metacarpal**

Opponenes Pollicis (i)

**Base of 2 Metacarpal**

FCR (i)

ECarpi Radialis Longus (i)

**3 Metacarpal**

Extensor Carpi Radialis Brevis (i) base

Adductor Pollicis (o)

**5th Metacarpal**

Opponens Digit minimi (ulnar side)

**5th Proximal Phalanx**

Flexor digiti minimi (i)

Extensor digiti minimi (i)

**Base of 5 Metacarpal**

FCU (i)

ECU (i)

**Pisiform**

FCU (i)

Extensor digiti Minimi (o)

**Trapezium**

Abductor Pollicis Brevis (o)

Fl. Pol Brevis (o)

Opponens Pollicis (o)

**Scaphoid**

Abductor Pollicis Brevis (o)

**Capitate**

Adducutor Pollicis (o)

Fl. Pol Brevis (o)

**Hook of Hamate**

FCU (i)

Opponens Digiti Minimi (o)

Flexor Digiti minimi (o)

**Middle Phalanges**

FDS (i)(sides)

**Dorsal Extensor Expansions**

Extensor Digitorum (2-5) (i)

Extensor Digiti Minimi (5) (i)

**Posterior Digital Expansions**

Extensor Indicis (i) (2)

**Distal Phalanges**

FDP (i)

LUMBRICALS AND DORSAL AND PLAMAR INTEROSSEI – on your own!